**Appendix 1:** Categorisation of job titles according to levels of physical demand for included study participants.

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| **Workload Level** | **Occupational Task(s)** | **Job Title(s)** | **Number of participants** |
| Sedentary | Predominantly sitting | Office workers | 5 |
| Light | Sitting or standing with some walking | - | 0 |
| Light Manual | Walking, with some handling of materials weighing <50 pounds | Physio/occupational therapist | 5 |
| Cleaner | 4 |
| Plasterboard Installer | 2 |
| Loading dock worker | 4 |
| Technician  | 2 |
| Painter | 1 |
| Heavy Manual | Walking, with frequent handling of materials weighing >50 pounds | Construction workers (general labour) | 1 |